

Canning Cheat Sheet

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This is intended to serve as a quick reference guide for canning projects in your kitchen. I hope you enjoy it. For more detailed instructions, see the “Preserve It!” section of my book, *Cook with What You Have*.

Do you know I have a podcast? Living Free in Tennessee is available on most podcatchers or online at LivingFreeinTennessee.com.

Common Waterbath Canning Times

Note: If you live above 1,000 feet add time and raise canning pressure. See [The National Center for Home Food Preservation](http://TheNationalCenterforHomeFoodPreservation.org) for details: nchfp.uga.edu

Jams, Jellies	Half-pint or pint: 5 minutes
Dill-pickled Cucumbers	Raw pack. Pint: 10 minutes. Quart: 15 minutes
Dill-pickled Beets	Raw pack. Pint or Quart: 30 minutes
Dill-pickled Beans	Raw pack. Pint: 10 minutes. Quart: 15 minutes
Aunt Helen’s Pickled Beets	Raw pack. Pint: 15 minutes. Quart: 20 minutes
Peaches	Hot Pack. Pint: 20 minutes. Quart: 25 minutes Raw Pack. Pint: 25 minutes. Quart: 30 minutes
Applesauce	Hot Pack. Pint: 15 minutes. Quart: 20 minutes
Apple Butter	Hot Pack. Half-pint or pint: 5 minutes. Quart: 10 minutes
Whole or half tomatoes in water *	Hot or raw pack. Pint: 40 minutes. Quart: 45 minutes
Whole or half tomatoes in tomato juice *	Hot or raw pack. Pint or quart: 85 minutes
Tomato sauce and juice *	Hot pack. Pint: 35 minutes. Quart: 40 minutes
Nicole Sauce’s Salsa	Hot pack, Pint: 15 minutes. Quart: 20 minutes

Sources: National Center for Home Food Preservation, *The Encyclopedia of Country Living*, Aunt Helen

* Always add acid when canning tomatoes

Common Pressure Canning Times:

Whole or half tomatoes in water *	Hot or raw pack. Pressure, dial or weighted gauge: 10#. Pint: 10 minutes. Quart: 15 minutes.
Whole or half tomatoes in tomato juice *	Hot or raw pack. Pressure: 11# dial / 15# weighted gauge. Pint or quart: 40 minutes.
Tomato sauce and juice *	Hot pack. Pressure: 11# dial / 15# weighted gauge. Pint or quart: 20 minutes.
Green beans	Hot or raw pack. Pressure: 11# dial / 10# weighted gauge. Pint 55 minutes. Quart: 85 minutes.
Corn	Hot or raw pack. Pressure: 11# dial / 10# weighted gauge. Pint: 55 minutes. Quart: 85 minutes.
Butternut squash	Hot or raw pack. Pressure: 11# dial / 10# weighted gauge. Pint 20 minutes. Quart: 25 minutes.
Meat broth and stock (<i>not</i> seafood-based)	Hot pack. Pressure: 11# dial / 10# weighted gauge. Pint: 20 minutes. Quart: 25 minutes.
Meat broth and stock (seafood-based)	Hot pack. Pressure: 11# dial / 10# weighted gauge. Pint or quart: 100 minutes.
Soups and stews (no milk, seafood, grains, flour, or pasta)	Hot pack. Pressure: 11# dial / 10# weighted gauge. Pint: 60 minutes. Quart: 75 minutes. Process 100 minutes if soup contains seafood.
Beef, chicken, pork, and other land animals (raw pack). Do not add boiling water; pack dry.	Pressure: 11# dial / 10# weighted gauge. Pint 75 minutes. Quart: 90 minutes.
Beef, chicken, pork, and other land animals (hot pack)	Pressure: 11# dial / 10# weighted gauge. Pint 75 minutes. Quart: 100 minutes.
Seafood: tuna, salmon	Precook, chill, pack in oil or water. Pressure: 11# dial / 10# weighted gauge. Pint or half-pint: 100 minutes.
Seafood: oyster, clam	Precook, wash, boil 2 minutes, pack in hot water. Pressure: 11# dial / 10# weighted gauge. Half-pint: 80 minutes. Pint: 85 minutes.

Sources: *National Center for Home Food Preservation, The Encyclopedia of Country Living, Aunt Helen, Mother Earth News, and an antique copy of the Ball Company canning guide*

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Tomatoes

Because tomatoes' comparatively low level of acidity hovers close to the pH level at which botulism grows, please add something acidic to each jar. Here are options and measurements:

- Lemon juice, 2 TBSP per quart, 1 TBSP per pint
- 5% Vinegar, 2 TBSP per quart, 1 TBSP per pint
- Citric acid, ¼ tsp per quart, ⅛ tsp per pint

Recipes

Dill Pickle Brine

Use this to pickle anything from summer squash to dilly beans to okra to beets

½ cup pickling or kosher salt (no iodine)

½ cup vinegar (5%)

6 cups water

Heat to boiling.

Dill Pickle Spices *per quart jar*

2 heads dill weed

2 – 4 cloves garlic

1 – 2 hot peppers (cayenne or jalapeño)

6 peppercorns

Aunt Helen's Pickled Beets

A quarter bushel makes about 10 pints.

Heat brine to boiling. Make enough to cover beets.

1 quart vinegar (5%)

6 cups sugar (Most often, I use 4 cups or less)

2 TBSP salt (no iodine)

2 tsp pickling or kosher salt

Blanch beets 5 - 10 minutes to loosen skins. Remove skins.

Cut into ⅛" slices or bite-sized chunks, or pack small beets whole.

Add a clove of garlic and a hot pepper to each jar.

Cover with boiling brine, seal, water-bath can (*see chart*).

Nicole Sauce's Salsa

4 pints

10 cups diced tomatoes

7.5 cups diced peppers, mixture of hot and mild

5 cups diced onions

2½ cups diced hot peppers, with or without seeds, according to your heat tolerance

1½ cups vinegar

8 cloves garlic

½ cup diced cilantro

4 tsp salt

1 TBSP cumin

Simmer 10-20 minutes, until mixture is no longer runny, about 30% reduction.

Hot pack and process (*see chart*).